

Hawaii Marine

CELEBRATING HERITAGE

Service members celebrate first MCB Hawaii Cultural Heritage Day

Lance Cpl. Suzanna Lapi
Marine Corps Base Hawaii

Lance Cpl. Tessa Bales, a fifth-generation Cherokee and motor transport operator with Combat Logistics Battalion 3, said she didn't know what to expect of Cultural Heritage Day when she heard about it from her command. But to her surprise, she not only learned about her own heritage, but the heritage of others as well.

Service members aboard Marine Corps Base Hawaii embraced different cultures and heritages during Cultural Heritage Day at Kahuna's Ballroom, March 1.

The event, which will be held annually, highlights America's diversity and various heritage backgrounds.

"I just heard that Cultural Heritage Day is a multicultural festival, and I didn't know other Native Americans would be there," said Bales, a native of Tulsa, Okla. "After I went, I thought it was great to see how the Marine Corps branched out to show the different backgrounds within the Corps. All the displays like the women's Marine Chapter and African American diversity opened my eyes to how varied the Marine Corps and American culture is."

After the opening ceremony, Cpl. Angelina Weatherspoon, an administrative specialist

See HERITAGE, A-8



Lance Cpl. Suzanna Lapi | Hawaii Marine

David Bevet, a substance abuse counselor with Schofield Barracks and traditional Native American dancer from Cherokee and Shawnee bloodlines, dances with his son during Cultural Heritage Day at Kahuna's Ballroom on March 1.



Lance Cpl. Zachery Knoebel, a cannoneer for Charlie Battery, 1st Battalion, 12th Marine Regiment, and native of Menomonee Falls, Wis., aligns the M777 155 mm howitzer sights during Operation Spartan Fury at Pohakuloa Training Area, Hawaii, Feb. 22.

'Kings of Battle' polish howitzer proficiency

Lance Cpl. Nathan Knapke
Marine Corps Base Hawaii

POHAKULOA TRAINING AREA, Hawaii — Marines from Charlie Battery, 1st Battalion, 12th Marine Regiment fired live ammunition with the M777 155 mm howitzer system, during Operation Spartan Fury at Pohakuloa Training Area, Hawaii, Feb. 22.

Marines throughout the battalion attached to Charlie Battery before the training exercise started to get the feel of the battery's operation tempo.

"The tempo was very realistic and allowed everyone to get acquainted with the weapon and each other," said Lance Cpl. David Bonin, an artilleryman with Charlie Battery, 1st Bn., 12th Marines, and a native of Buffalo, Minn. "Sometimes conditions and circumstances are rough, but it builds camaraderie because we get through it together."

In cold, rainy and windy weather high in between Mauna Loa, Mauna Kea and the Hualalai volcanic mountains, Charlie Battery unpacked its ammunition, weapons and gear.

Each section had two trucks that hauled supplies from one firing zone to the other. Once reaching the designated firing zone, the section chief aligned the howitzers in the correct position. Section members dug the guns into place, preventing the weapon from moving during firing.

At least two rounds had to be readily accessible immediately after the gun system was in place in case Marines received a fire mission, but there was more work to complete. In each section a camouflage net covered both 7-ton trucks and the back of the gun, where the crew loaded the rounds of ammunition.

After the net was in place, the crew organized the gear in its correct place. Everyone in the crew knew where

anything was at all times.

Each section maintained its weapon system during down time, but they also told stories about childhood and missed friends and family.

"No matter the condition or state of morale, everyone is always trying to laugh and stay motivated through times that aren't always fun," said Lance Cpl. Luis Ramirez, a motor transport driver with Charlie Battery, 1st Bn., 12th Marines, and native of El Paso, Texas. "Although we like to keep the mood light, when it's time to get down to business, the mood quickly transitions to do our part to get rounds down range."

The section chief commanded sections to start the loading process by calling out "Fire mission." Once the command was given, Marines began working to make the mission a success.

See HOWITZER, A-8



Photos by Lance Cpl. Nathan Knapke | Hawaii Marine

Field artillerymen with Charlie Battery, 1st Battalion, 12th Marine Regiment, load a round into the M777 155 mm howitzer system after ensuring the round had the correct charge, during Operation Spartan Fury at Pohakuloa Training Area, Hawaii, Feb. 21.



Players make a championship run
Postal delivers 49-44 win over CLB-3, **B-1**



A feast for the ears
Hungry Ear Records in Kailua provides music to your taste, **C-1**

Saturday
High 79°
Low 66°

Sunday
High 78°
Low 67°

NEWS BRIEFS

Stop by the Career and Education Fair

Learn about college and employment opportunities at the upcoming fair scheduled March 15 at Kahuna’s Enlisted Club. Doors open to the public from 11 a.m. to 1 p.m. but open early from 9 to 11 a.m. for active duty members, reservists, retirees, National Guard, family members and DoD civilians. For more information, call 257-7787 or 257-7790.

Upcoming closure of Legal Services Center

The Legal Services Center, located in building 215, will close early on March 29 at 11:30 a.m. For more information, call 257-6738.

Base tax center open for tax season

The base tax center is open to all Marine Corps Base Hawaii service members, retirees and reservists. Hours of operation are from 8 a.m. to 4:30 p.m. Please bring all W-2s (including spouse’s), bank account and routing numbers, a copy of last year’s tax return, all other tax forms (1099s, etc.) and Social Security cards for all family members. The tax center is located at building 455 on the first deck. Building 455 is across the street from Forest City and adjacent to the Youth Activities Center. For details, call 257-1187.

Operation Ooh-Rah Kids

Operation Ooh-Rah Kids is scheduled for March 22 from 8 a.m. to 4:30 p.m. Open to children of Marine Corps Base Hawaii personnel, Operation Ooh-Rah Kids is a fun and interactive mock deployment exercise for children ages 7 to 13. The event provides an opportunity to learn coping skills to thrive during deployment. Activities will be held at various locations on base, and lunch and snacks will be provided. This event is limited to 150 children.

The success of this event relies on the support of volunteers. The program needs active duty volunteers from corpsmen to “drill instructors” to assist throughout the day. For more information, please call Claudia LaMantia at 275-2650/2410, or email claudia.lamantia@usmc.mil.

Amendment to base order for water activities

As of December 2012, base order P1710.1 was revised. On page 1-7 of the base order, paragraph 6b(2) (b), the words “swim at own risk” were replaced with “enter the water at your own risk, surf and currents are moderate.” On page 1-7, in paragraph 6b(2)(c), the words “YELLOW: Water activities open, enter the water at your own risk, fins are required when swimming, due to high surf or strong currents,” have been added.

Quick assist loans available from Navy-Marine Corps Relief Society

Beginning today, active duty sailors and Marines can apply for a quick assist loan for up to \$500 at all 51 Navy-Marine Corps Relief Society full service offices located on Navy and Marine Corps installations worldwide. Most QALs can be processed on a walk-in basis in about 15 minutes. Active duty Marines and sailors must apply in person.

QALs are short-term, interest-free loans available to service members facing a family emergency or other urgent financial situation. QALs are available to active duty sailors and Marines who have no outstanding loans with NMCRS, and need help with basic living expenses or family emergencies. For more information, visit <http://www.nmcrs.org/QAL> or contact the nearest NMCRS office.

Important phone numbers

On-Base Emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077



www.mcbhawaii.marines.mil

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NAVY-MARINE CORPS RELIEF SOCIETY KICKS OFF ACTIVE DUTY FUND DRIVE



Lance Cpl. Roberto Villa Jr. | Combat Camera

Service members stationed on Marine Corps Base Hawaii attend a meeting on how to properly conduct the annual Navy-Marine Corps Relief Society active duty fund drive in the conference room at the John W. Finn Building, March 1. The purpose of the meeting was to create awareness about the organization for Marines and sailors as well as assisting representatives as they gather donations.

Marine Corps order lists establishments in community off-limits to Marines and sailors

Lance Cpl. Jacob D. Barber

Marine Corps Base Hawaii

Personnel aboard Marine Corps Base Hawaii are encouraged to familiarize themselves with MCB Hawaii Base Bulletin 1620 and become aware of the off-limits establishments for Marines and sailors on Oahu.

The bulletin, which shows all establishments that service members are not permitted, is based upon information given to the base commander by the Provost Marshal’s Office, Naval Criminal Investigation Service and the Honolulu Police Department.

According to Marine Corps Order 1620.2D, commanders may declare areas temporarily off-limits to help maintain the safety, health and welfare of service members on liberty. An establishment will be declared off-limits if it promotes illegal activity or has a history of issues pertaining to service members. Selling spice, bath salts, and drug paraphernalia are examples of activities in many off-limit establishments, while alcohol and violence play a role in others. The Armed Forces Disciplinary Control Board reviews each establishment in question, and based on the compliance of the establishment owners, decides whether the location will be off-limits or not.

“There’s not a set number of incidents that have to happen at a location for it to be reviewed by the board,” said John Kerr, deputy chief at the Provost Marshal’s Office. “It’s a matter of the type of situation and whether the owners of the establishment will comply to fix the problems or hazards that could affect service members.”

Hawaiian Holy Smokes, The Spice Rack, Smokey’s, South Shore Glass, The Burning Tree Huka Bar, The Galaxy, Oahu Glass, and Hawaii’s Natural High are all off-limits establishments that are surveyed by NCIS and HPD. Marines and sailors caught at any of the places listed above will be brought to PMO where they will face disciplinary action.

Since the bulletin’s last update in July 2012, PMO and HPD have been working closely to find and report any other establishments that could potentially cause harm or endanger service members. A few establishments with a history of alcohol incidents and violence are currently being investigated and may soon be temporarily off-limits.

“We want the service members to be safe, and we want them to stay away from places where their safety could be jeopardized,” Kerr said. “Every case is based on facts, and every location currently on the off-limits list is there for a reason.”

Guard your card: PMO warns of debit, credit card scam

Christine Cabalo

Marine Corps Base Hawaii

Police are investigating a series of unauthorized transactions illegally made using debit and credit card accounts of cardholders aboard Marine Corps Base Hawaii.

Approximately 30 people have reported fraud to the Provost Marshal’s Office and Naval Criminal Investigation Service Kaneohe Bay. The investigation is ongoing, and more people may be impacted.

“The most important step is for people to continue to monitor their finances,” said Master Sgt. Sharon Braun, the chief investigator for the criminal investigation division of the Provost Marshal’s Office.

Several in Braun’s office, as well as Braun, were among those who discovered unauthorized transactions on their card accounts. The cases are being investigated together because similar charges were made to overseas businesses, in locations such as France and Italy. Agents from NCIS Kaneohe Bay and the Secret Service are pursuing a joint investigation to catch those responsible.

The fraudulent charges first appeared to victimized cardholders in February, and the compromised accounts span several financial institutions. Since then, PMO continues to send email alerts of the fraud and encourages victims to report the crime.

“First, call your financial institution,” said Frank Ripa, a special agent, NCIS Kaneohe Bay. “They should contact them and identify they’ve been the victim of fraud. Their institution will put an alert on the account.”

When disputes are reported, cardholders may need to fill out



Photo illustration by Christine Cabalo | Hawaii Marine

Approximately 30 debit or credit card users at Marine Corps Base Hawaii recently reported unauthorized transactions made to their accounts. The Provost Marshal’s Office is warning MCB Hawaii debit and credit card users to continue to monitor their accounts as the investigation continues.

several forms including a legal statement confirming they were victims of fraud. Each financial institution may also require different types of forms for their member to complete, said Candi Yamamoto, a senior vice president with Windward Community Federal Credit Union. The credit union has a location at Mokapu Mall where their members can have their statement notarized.

“Depending on the type of dispute, the member may have to complete steps prior to completing the forms, such as contacting the vendor to request a refund,” she said.

Those with Navy Federal Credit Union accounts can call a hotline for service whether they are in the U.S. or traveling overseas. The credit union’s website also includes forms members can print out from home to begin filing a claim.

Ripa said he also encourages impacted cardholders to report

the crime directly to NCIS after contacting their financial institution. Although he regularly receives reports of fraud from these institutions, cardholders can help the investigation by also speedily reporting to NCIS.

“We can use this information to move quickly on the case,” Ripa said. “It takes people just a few minutes to fill out the information. The more people come in, the better picture we have to identify where the criminal’s vulnerability is.”

If anyone suspects their debit or credit card accounts have fraudulent charges, contact the cardholder’s financial institution first and NCIS afterward. Those who report the crime are also recommended to have their 16-digit card number on hand. Forms to report the crime to NCIS are available at PMO in building 1096 on the second floor. For more information, call 257-1777.

AROUND THE CORPS

USNS Montford Point takes on legacy, leads new class of Navy ships

Lance Cpl. Christopher Johns
Marine Corps Air Station Miramar

SAN DIEGO — The U.S. Navy presented its first mobile landing platform, the USNS Montford Point named after the first 20,000 African-American Marines trained at Camp Montford Point, Jacksonville, N.C., in 1942, during a ceremony at the General Dynamics NASSCO shipyard, Saturday.

Christened by Jackie Bolden, wife of retired Maj. Gen. Charles Bolden, a popular Marine general, astronaut and current NASA Administrator, USNS Montford Point will serve as a 785-foot mobile pier, reducing American forces’ dependency on foreign ports. The ship provides 25,000 square feet of space to house vehicles, equipment and 380,000 gallons of fuel, according to the Navy. More than 30 original Montford Point Marines attended the ceremony along with Gen. James F. Amos, commandant of the Marine Corps, the president of General Dynamics NASSCO, and several San Diego officials. All shared their insights to commemorate the occasion.

“Today we recognize the legacy of the Montford Point Marines with another pioneering effort,” said Amos. “(This ship) represents a leap ahead in our nation’s ability to project power across the world’s oceans. As an interoperable ‘pier in the sea,’ the (mobile landing platform) will significantly reduce our requirement for foreign ports in which to offload our equipment.”

The ship will be able to support aviation combat element needs as well as ground unit vehicle needs while forward deployed.

“The (mobile landing platform) will further enable the Navy and Marine Corps team’s ability to remain both a forward-deployed hedge force against uncertainty and the partner of choice for many of our allies around the world,” said Amos. “The groundbreaking capability inherent in this ship is unmatched and is a ‘game-changer’ in the concept of pre-positioned forces and equipment.”



Sgt. Sarah Fiocco | Marine Corps Air Station Miramar

A Montford Point Marine speaks with other Marines who attended the christening of the USNS Montford Point at the General Dynamics NASSCO Shipyard, Saturday.

Much like the Marines, this vessel was named after the well-earned access for blacks into the Marine Corps. USNS Montford Point will allow Marines and naval forces access to almost anywhere within reach of the ocean via aircraft or landing craft, air-cushioned hovercraft vehicle.

After honoring the Montford Point Marines, who paved the way for African-Americans in the services, one of these Marines had an important message of his

own to give.

“If I could say one thing to the Marines and sailors who will serve aboard this ship it’s this,” said retired Sgt. Maj. James Moore, the chaplain for his local Montford Point Marines chapter, “they have inherited a great legacy — the legacy of the Montford Point Marines ... by virtue of the ship’s name, I know they will do great things to uphold the images of the Marine Corps and Navy and also our freedom.”

Dedicated Marine, family man honored in Helmand



Sgt. Ned Johnson | Regimental Combat Team 7

Sgt. Scott Cody, a motor transport mechanic with 2nd Battalion, 7th Marine Regiment, Regimental Combat Team 7, pays his final respects to a fallen comrade during a memorial ceremony for Staff Sgt. Jonathan Davis, Saturday.

Sgt. Ned Johnson

Regimental Combat Team 7

FORWARD OPERATING BASE SHIR GHAZAY, Afghanistan — The air was dry and warm as Marines and Georgian soldiers stood silent in preparation to honor their fallen comrade.

With a shout, Master Sgt. Gordon Plotzke, the senior enlisted adviser with Georgian Liaison Team, 32nd Georgian Light Infantry Battalion, Regimental Combat Team 7, began the ceremony to honor the life and sacrifice of Staff Sgt. Jonathan Davis, Saturday here.

By tradition, the senior enlisted man announced the death of Davis and described the location and circumstances surrounding the warrior’s ultimate sacrifice.

A battle cross was assembled — boots, a rifle with fixed bayonet, a Kevlar helmet, and dog tags.

Davis, a motor transport chief with the GLT, died in support of Operation Enduring Freedom in Helmand province, Afghanistan, Feb. 22.

“Staff Sgt. Davis will always be remembered for his warrior spirit, can-do attitude and fighter-leader mentality,” said Maj. Rudy Salcido, the GLT commanding officer. “He embraced the responsibility of caring for his Marines and sailors through leadership by example.”

Davis, a Navajo Indian and native of Kayenta, Ariz., was remembered as a caring leader and as a family man. He spoke often of his wife, son, and mother and left no doubt that he loved his family completely.

He was also dedicated to his duties as a Marine. His fellow Marines recalled him being the last to return to the tent at night and the first to leave in the morning.

“It is important to acknowledge that Staff Sgt. Davis has provided us with the greatest gift — his leadership,” Salcido said. “He took ownership of training (his Marines) to take the lead in his absence. The fight goes on just like Staff Sgt. Davis would have wanted it.”

Cmdr. Michael Williams, the RCT-7 chaplain, reminded Marines that Davis’ sacrifice must never be forgotten and should be carried on by future generations of Marines.

“How do we honor this man?” Williams said. “We honor him by carrying the torch and continuing our mission, by upholding the high standards of this organization, and by staying true to who we are.”

A calm air seemed to fall over the formation of Marines and sailors as Plotzke called roll one final time. The silence after each time Davis’ name was called represented his absence.

After the ceremony, Marines made their way to the battle cross to honor their fallen brother with silent prayers and solemn salutes.

For the GLT Marines, their mission will continue. “Staff Sgt. Davis has paid the ultimate sacrifice,” Salcido said. “We will continue to honor him through our ruthless, selfless and unrelenting service to our fellow brothers-in-arms.”

Battle Skills Training School trains Cherry Point Marines

Lance Cpl. Devin Nichols
2nd Marine Logistics Group

CAMP LEJEUNE, N.C. — The Marines arrive at the door. They have no idea what is inside.

A handful of Marines get into position, raise their rifles and prepare for the worst. The last Marine kicks the door in, and the group rushes in hard and fast.

Approximately 70 Marines with Engineer Operation Company, Marine Wing Support Squadron 274, out of Marine Corps Air Station Cherry Point, N.C., received a week of training at Battle Skills Training School here.

“We like working with them because they are like sponges ... they take everything in,” said Sgt. Jacob W. Dofner, a McClelland, Iowa, native and an instructor with BSTS, 2nd Marine Logistics Group. “You see them Monday soaking up all this knowledge, and

then on Friday they look like different (people).”

The course at BSTS is not the initial combat training for Marines but acts as a refresher. The Marines familiarized themselves with entering an unknown room and searching it for dangers.

“It gets them back on their feet and back into the combat mindset,” said Staff Sgt. Joshua R. Macer, an Alzada, Mont., native and combat engineer platoon sergeant for Engineer Operation Company.

The Marines trained for approximately 60 hours improving combat skills like assembling and disassembling machine guns, conducting patrols and improvised explosive device awareness.

“(They) have to start from the basic building blocks and work (their) way up,” said Dofner. “Every Marine is a rifleman. Hopefully we did something to help them prepare for any situation.”

Instructors then guided the Marines through scenarios step-by-step until they were comfortable doing it on their own.

“I didn’t have a lot of the (knowledge) that we are getting here,” said Cpl. Joshua W. Brewer, a Fremont, Ind., native and combat engineer with Engineer Operation Company. “I liked using the big machine guns. You can never get enough training when doing these types of things.”

Most of the instructors are infantrymen and take a lot of pride in sharing knowledge with service members in other military occupational specialties, Dofner said.

“It is a good feeling to train Marines,” said Dofner. “When you’re helping or remediating, regardless if it’s a private first class that has been in for a year or a staff noncommissioned officer that’s been in for 10 years, it’s always a great feeling.”



Lance Cpl. Devin Nichols | 2nd Marine Logistics Group

Marines with Engineer Operation Company, Marine Wing Support Squadron 274, out of Marine Corps Air Station Cherry Point, N.C., line up alongside a building aboard Camp Lejeune, N.C., Feb. 27, during a week-long course at Basic Skills Training School.

US Marine Corps Forces Pacific, Band presents 'A Spring Celebration'



Chief Warrant Officer 3 Michael Smith, principal director for the U.S. Marine Corps Forces, Pacific Band, conducts the musicians during "A Spring Celebration" concert at the Hale Koa Hotel Luau Garden, March 1.

**Story and photos by
Lance Cpl. Nathan Knapke**
Marine Corps Base Hawaii

HONOLULU — The U.S. Marine Corps Forces, Pacific Band showcased an array of musical pieces during "A Spring Celebration" concert at the Hale Koa Hotel Luau Garden in Waikiki, March 1.

The concert was free and open to the public, giving anyone the chance to enjoy the band's talents.

Chief Warrant Officer 3 Michael J. Smith, principal director for the MarForPac Band, conducted music from several genres of music by composers such as Stephen Schwartz, Alfred Reed and Benoit

Jutras.

Several of the songs targeted the springtime and patriotism: "The Hounds of Spring," "Irish Tune from County Derry," "The Irish Washerwoman," "The Star-Spangled Banner," "America the Beautiful" and "Armed Forces Medley."

"We catered toward the celebration of the springtime," Smith said. "Irish songs are great because when an audience hears it, they can imagine spacious green meadows that are easily related to spring."

Local residents, veterans and tourists packed into the garden to hear the band play selections from "Wicked," "The Lord of the Rings"

and Cirque du Soleil.

The military hymns drew the most applause from the audience. Smith asked the attendees to stand up when they heard the hymn for the branch they belonged to.

"It's always great to get out into the community and play for people who truly appreciate what we do," said

Sgt. William Baumann, piano player for the MarForPac Band. "People can relax and relate to memories from the past and have a chance to live vicariously through the music we play."

During the playing of each branch's hymn, several people stood to show their pride. They clapped to the beat of their hymn with smiles and laughter.

Motivated ooh-rahs, hooahs and other branch-specific chants were heard throughout each hymn.

The very last song played after the branch hymns was "The Stars and Stripes Forever."

Shortly after the concert ended, fireworks shot off over Waikiki



Beach for the musical cake. Waikiki Beach is directly behind the garden and was the perfect spot to see the fireworks.

"We are having more and more people attend concerts free to the public," Smith said. "Whether it's one person or one thousand people, we will put on the best performance possible."

The MarForPac Band will be marching in the St. Patrick's Day Parade on March 17 and the Prince Kuhio Commemorative Parade on March 23.

For more information, contact the MarForPac Band Hall front desk at 257-7440.



Cymbals add pizzazz to the U.S. Marine Corps Forces, Pacific Band's "A Spring Celebration" concert at the Hale Koa Hotel Luau Garden, March 1.



HONOLULU — Chief Warrant Officer 3 Michael Smith, principal director for the U.S. Marine Corps Forces, Pacific Band, directs the musicians during "A Spring Celebration" concert at the Hale Koa Hotel Luau Garden, March 1. Motivated ooh-rahs, hooahs and other branch-specific chants were heard throughout each hymn. The band will be marching in the St. Patrick's Day Parade on March 17 and the Prince Kuhio Commemorative Parade on March 23.

Back in the Saddle: USO Hawaii provides support for local wounded warriors to participate in restful retreat

Press Release

United Service Organizations Hawaii

Eight strangers boarded a Marine Corps CH-53E Super Stallion helicopter bound for the Island of Hawaii earlier this year. Most of them never imagined they’d set foot on a military aircraft again; however, this flight was taking them on a different mission.

This group is a part of the Wounded Warrior Battalion West — Detachment Hawaii, a unit whose mission is to ensure the well-being of all attached wounded, injured and ill Marines and Fleet Marine Force sailors. Many of those belonging to the detachment have injuries that are unseen, yet very much affect their transition back into civilian life.

As a part of the program, retired Navy Chaplain Steve Jensen organizes retreats for small groups of wounded warriors to neighbor islands, sponsored locally by USO Hawaii through grants provided by USO corporate offices in Arlington, Va. These trips provide new experiences to the wounded warriors, the opportunity to bond with others in similar situations, and quality time for counseling outside four walls.

“Those of us who have worn the uniform in some of the more remote and challenging places around the world have come to look to the USO as a home away from home, a respite from stress and danger, and caring people to remind us we’re not alone,” Jensen said. “Once again the USO has come through — showing that they



Courtesy photo | United Services Organizations Hawaii

Eight wounded warriors of Wounded Warrior Battalion West — Detachment Hawaii relax during an outing at Hawaii Volcanoes National Park. The wounded warriors traveled to the Island of Hawaii from Jan. 30 to Feb. 3.

clearly understand the special needs of our Wounded Warriors and are willing to go the extra mile to make their transition better.”

USO Hawaii has helped provide funding for two trips with the detachment in the past year, in addition to annual trips in prior years. This funding, along with generous donations from churches, tourism organizations and civic groups on the Island of Hawaii, enable the wounded warriors the opportunity to participate in sightsee-

ing excursions, such as deep sea fishing, horseback riding and zip lining, in addition to providing meals and lodging.

Lance Cpl. Joseph Webb was one of the eight on the recent retreat, reflecting on it as one of the highlights of his recovery process. “Returning from the trip I felt a much greater bond between all of the recovering service members who had the chance to attend the outing. I am grateful to the USO and the many other supporters for making this trip a possibility.”

With the changing atmosphere surrounding deployments, the USO is aligned with the growing need and provides focused support on those who need it most: wounded, ill and injured troops and their families and caregivers, families of the fallen, deployed troops, and military families, many of whom have endured numerous deployments.

The USO has established a continuum of care designed to help support this special group by helping members to build the

hope and confidence they need to heal with honor and work towards a full and rewarding life. USO Warrior and Family Care is the comprehensive long-term program to support wounded, ill and injured troops and their families/caregivers as well as families of the fallen.

For more information on the USO Warrior and Family Care program, please visit <http://www.uso.org> or contact the USO Hawaii and Guam Area Office at 422-1213.

MALS-24 CELEBRATES 71 YEARS OF SERVICE

Lt. Col. Edwin Rich, Marine Aviation Logistics Squadron 24 commander and native of New Orleans, hands a piece of birthday cake to Sgt. Ernesto Aguirre, an aviation supply clerk with MALS-24 and native of Olmito, Texas, during the squadron’s birthday celebration of 71 years of service at Hangar 375, Friday. Aguirre is the longest-serving Marine at MALS-24 and, in keeping with the Marine Corps birthday passing of the cake, shared a piece of cake with Pfc. Kyle Kaiwibenson, a flight equipment technician and native of Punta Gorda, Fla., who has the shortest amount of time with the squadron, to symbolize the passing of knowledge from the oldest Marine to the youngest Marine. The squadron was activated in 1942 as Headquarters and Service Squadron 24 on Oahu and participated in the World War II Bougainville and Philippine campaigns. After the war, the squadron supported operations in occupied China and participated in the military response during the 1962 Cuban Missile Crisis. MALS-24 relocated to Kaneohe Bay in 1968 and redesignated to its current name in 2002.



Cpl. James A. Sauter | Hawaii Marine

‘Lava Dogs’ corpsman enables field training during Exercise Cobra Gold 2013

Lance Cpl. Adam Miller

III Marine Expeditionary Force

BAN CHAN KREM, Kingdom of Thailand — When Marines and sailors go to the field, whether they are conducting training or are in a combat environment, they need food, water and shelter just like everyone else. But do they think about what it takes to ensure the food and water is safe to consume and that their shelter is safe to sleep in? The short of it is that they don’t have to. They do not have to worry about the safety of their food, water and shelter because that is what Petty Officer 2nd Class Harold D. Sylvester, and others like him, do every time they are in the field, and it is no different during Exercise Cobra Gold 2013 here.

Sylvester is a corpsman and preventative medicine technician with Headquarters and Service Company, 1st Battalion, 3rd Marine Regiment, which is attached to 4th Marine Regiment, 3rd Marine Division, III Marine

Expeditionary Force, as part of the Marine Corps unit deployment program. During Cobra Gold field training, Sylvester works from before the sun rises until well past sunset, ensuring the water and food Marines and sailors consume are safe, and the shelter under which they reside is free of disease-carrying pests like mosquitoes and flies. “His long-term planning, precise execution and superior leadership have been nothing short of phenomenal,” said Chief Petty Officer Sanket S. Sadalge, a chief corpsman and the battalion aid station senior enlisted leader. “HM2 Sylvester embodies what it means to have unparalleled technical expertise.” Sylvester initiated a health safety certification process that local establishments where Marines and sailors eat are required to follow. This had never been done before at Ban Chan Krem. “It’s a testament to the type of sailor he is and the dedication to his profession,” Sadalge said.

Every day Sylvester runs a series of tests on all water sources used by the Marines and sailors, not only at base camp but at the firing ranges as well. “I ensure the drinking water is free of communicable diseases after it has been pumped and filtered from a nearby pond — it is not safe for drinking otherwise,” Sylvester said. Sylvester is responsible for inspecting Marines’ and sailors’ food and water. He also ensures the use of proper disposal procedures, mitigating the health risks caused by disease-spreading insects. “I inspect the few restaurants in Ban Chan Krem where Marines and sailors frequently eat, warranting the food being served is prepared in a sanitary manner,” said Sylvester. “I go around the camp doing vector control operations, spraying insecticide around the areas in which Marines and sailors conduct training and reside.” A successful Cobra Gold field training evolution means that everyone involved is able to get quality training, explained

Capt. Brandon M. Stibb, Headquarters and Service Company commander. “I have never met a preventative medicine tech who is as thorough as Doc Sylvester,” said Stibb. “We didn’t have a single case of a Marine or sailor being pulled from this important training exercise due to illness, and I think it is all thanks to his dedication.” According to Sadalge and Stibb, the battalion’s success during Cobra Gold can be attributed to Sylvester because, without him, the battalion would not be able to train at full strength. Exercise Cobra Gold is the largest multinational exercise in the Asia-Pacific region and provides the Kingdom of Thailand, United States, Singapore, Japan, Republic of Korea, Indonesia and Malaysia an opportunity to maintain relationships and enhance interoperability. The exercise includes humanitarian and civic assistance projects, a staff exercise and field training exercises.

HERITAGE, from A-1

with Installation Personnel Administration Center, sang the national anthem, Cpl. Elijah McTeer, a tax center clerk with the Legal Services Center, sang an original song titled “I Can’t Give Up Now,” and Sgt. Johnny Walker, a logistics chief with Aircraft Rescue and Firefighting, recited Martin Luther King Jr.’s “I Have a Dream” speech.

The event focused on Native American heritage, women’s history, African American history, Asian Pacific American heritage, Holocaust remembrance and Hispanic history. The colorful displays highlighted the differences and common bonds Marines and sailors share as people and members of a uniformed service.

David Bevett, a substance abuse counselor at Schofield Barracks and traditional Native American dancer from Cherokee and Shawnee bloodlines, said it is important for the Marine Corps to promote these kinds of events.

“I have participated in this event with my fellow dancers every year, and being able to dance and show a different lifestyle is key for service members,” Bevett said, a native of Newark, N.J. “Even though we are different, all of us in and out of uniform are bona fide warriors. A warrior is a person who continually prepares mentally, physically and spiritually,

and we remain flexible in our lives. We collectively give 100 percent, and this is what unites us.”

Bevett performed a traditional dance with other Native Americans including Abriel Johnny-Rodriguez, who is a “jingle dress” dancer. “Jingle dress” is a Native American women’s tribal dance.

Bales said she has participated in tribal dances in her home state of Oklahoma.

“I was really happy to see Native Americans performing in Hawaii,” Bales said. “It’s good to see diversity brought to the Marine Corps. It teaches Marines about different cultures, since we are not the same. It’s important to respect.”

Sgt. Laura Simonton, an administrative assistant with the Base Inspector’s Office and a native of Cocoa, Fla., said she was moved by the displays and examples of various people who make up the Marine Corps culture.

“I think it’s good for Marines to hear history,” Simonton said. “Sgt. Walker, who gave the Dr. Martin Luther King Jr. speech, inspired people because it makes them realize how lucky we are to have what others worked so hard for. Most people never get to hear that speech entirely, so I was glad he recited all of it. I’m the only woman in my family to enlist, and I think this event showcases our diverse backgrounds. People should be open to the differences we all have.”



Lance Cpl. Suzanna Lapi | Hawaii Marine

David Bevett, a substance abuse counselor at Schofield Barracks and traditional Native American dancer from Cherokee and Shawnee bloodlines, paints his face before performing a dance during Cultural Heritage Day at Kahuna’s Ballroom on Marine Corps Base Hawaii, March 1.



Lance Cpl. Nathan Knapke | Hawaii Marine

Field artillerymen with Charlie Battery, 1st Battalion, 12th Marine Regiment, create stable ground for the M777 155 mm howitzer system by using shovels and pickaxes to dig holes for spades to drop into during Operation Spartan Fury at Pohakuloa Training Area, Hawaii, Feb. 22.

HOWITZER, from A-1

The Marines first collected the ammunition, either high explosives, smoke, illumination or white phosphorus with a certain amount of charge, which helped the projectile soar through the air. A Marine cradled the round being used and set it on the loading tray. Two Marines used a bore rod to push the ammunition up into the chamber, and awaited orders to pull the lanyard for detonation. Before the weapon was loaded, section chiefs double-checked the round type, charge amount, fuse type and target coordinates.

The sections waited until the operations chief gave the command, “Stand by.” When the command was given, the section chief raised his hand in anticipation of hearing, “Fire” from the operations chief. Once it came over the radio, the

section chief lowered his arm while simultaneously yelling, “Fire!” His gunner pulled a lanyard attached to the gun system, causing an earthshaking boom, hurtling a 155 mm round downrange.

Once the battery was ready to move to a new location, each section packed everything into the truck, leaving the firing location without a trace.

The Marines of Charlie Battery repeated the steps of unloading, firing and loading gear more than five times a day.

“This training allows everyone in the section an opportunity to practice jobs all over the gun,” said Lance Cpl. Robert Solberg, an artilleryman with Charlie Battery, 1st Bn., 12th Marines, and a native of Hinckley, Minn. “Operation Spartan Fury forces everyone in the battalion to push to be better at the job specialty.”

Sports & Health

Special delivery: Postal stamps out 49-44 victory over Combat Logistics Battalion 3



Lance Cpl. Suzanna Lapi | Hawaii Marine

Players from the Combat Logistics Battalion 3 and Postal intramural basketball teams go head to head during an intramural basketball league game at Semper Fit Center gym, Monday.

Lance Cpl. Suzanna Lapi
Marine Corps Base Hawaii

The Marine Corps Base Hawaii Postal basketball team clinched a close-call victory over Combat Logistics Battalion 3 during an intramural league basketball game at Semper Fit Center gym, Monday. Postal, which is now the No. 1 team to beat with a record of 10-1, is well on its way to the championship game at the end of this month.

The heated battle ensued with plenty of fouls and a healthy dose of competitive spirit. The physical challenge rose with the points on the scoreboard. Postal point guard Timothy Hobbs scored the first basket with a jump shot as his team cheered him on. However, the fouls started early and lasted throughout the Monday night game. Postal stayed in the lead for most of the first half, due to missed offensive opportunities for the CLB-3 team. Postal proved to be an aggressive team, slapping away CLB-3's attempts at scoring and intercepting their passes.

For a moment, CLB-3 tied the game at 9-9, but after another interception by Postal, which resulted in a foul shot and two successful baskets, Postal reclaimed the lead, 14-9. Clay Patterson, shooting guard for the CLB-3 team, said he thought his team was the best in the league, but realized they have faults that need improvement after their passes were intercepted. "We need to practice our coordination and I think we'll be set," Patterson said. "I know I personally need to work on dribbling and as a team, we need to improve our passing technique. I think poor passing hurt our chances." Through missed free throws, Postal dropped point opportunities, but maintained a close lead by capitalizing on CLB-3's misplaced passes. Before the end of the first half, both teams called time outs and the score was 22-16. When the game resumed, CLB-3 seemed refreshed with a better offensive strategy, tightening the score to 23-20.

Fouls and disagreements between the players and referees over what the players thought were poor calls filled the second half. During the discord, Postal rocketed its offensive performance and brought the score to 29-20. However, CLB-3 didn't give up the fight as both teams kept the scoreboard busy with jump shots and 3-pointers. As the teams dribbled up and down the court, the score quickly climbed to 41-34, with Postal still in the lead as the game neared the end. The ever-solid defense of the Postal team and successful free throws contributed to the final score of 49-44. Hobbs said even though Postal won, his team needs more communication to improve their performance. "For future games and the championship, interaction as a team is important," Hobbs said. "I know I need to work on making wiser decisions offensively, like passing the ball. However, people talk about the Postal team and our performance, so it's great to play. I felt outstanding playing. As a team, we don't quit. We are all heart."

Service members learn health tips through MCCS program

Cpl. James A. Sauter
Marine Corps Base Hawaii

The greatest asset for warfighters to better withstand the chaos and confusion in war is their body. Warfighters need to keep in superb physical condition on a daily basis to meet the demands of their duties. But today, people have easy access to poor nutrition choices and possess inadequate fitness knowledge that could hinder those efforts. To meet the mission of educating service members about health, Marine Corps Community Services developed a health promotion program specifically for active duty service members, family members, retired military and Department of Defense civilian employees. Neil Morgan, the MCCS health educator, heads the program. It consists of six classes, including tobacco cessation, physical fitness, injury prevention, nutrition, STD/HIV transmission and prevention and Chronic Disease: Hyper Cholesterol, Cancer and Diabetes. "Our goal is to promote health education through the form of professional military education sessions to individual Marines and entire units," Morgan said. "Some of the classes are required training for Marines and sailors every year but anyone can come to learn new things even if they don't have to." Certified instructors in nutrition and fitness teach the sessions. During a nutrition class at the base chapel, Tuesday, Army Capt. Joy Metevier, the Schofield Barracks installation dietitian and native of Estes Park, Colo., pointed out during her nutrition class that weight control is mostly based on diet. She dispelled several myths including being able to speed up the body's metabolism with supplements, over exercise and eating substantially less will



Cpl. James A. Sauter | Hawaii Marine

Army Capt. Joy Metevier, the Schofield Barracks installation dietitian and a native of Estes Park, Colo., helps Marines calculate their caloric intake versus the number of calories burned in a day during a Marine Corps Community Services health promotion program class at the Chaplain Joseph W. Estabrook Chapel, Tuesday. To meet the mission of educating service members about health, MCCS developed a health promotion program to provide health education and clarify misunderstood information.

result in desirable weight loss. "This class provides the basics on how not to gain weight or slow down your metabolism," Metevier said. "Diet has much more to do with losing, maintaining or gaining weight than exercising. The military has put an overemphasis in exercising a lot but that can lead to injury. A lot of people may not realize how many calories they're actually eating versus how much they're actually burning." During the class, Metevier showed the Marines how to count their caloric needs and how much of those calories are garnered from foods and beverages. Cpl. Jon Stedelin, an administrative clerk with 3rd Radio Battalion and native of Scottsdale, Ariz., said he learned new facts about nutrition that jumped out at him. "I came to help support another Marine who's trying to lose weight and also pick up some information myself," Stedelin said. "I learned that an easy way to cut calories is to drink less beverages that are high in calories like beer and soda." The nutrition class meets every Tuesday at the chapel, and personal

trainers at Semper Fit Center on a scheduled appointment conduct fitness and injury classes. These classes are free of charge. "This program's goal is to promote healthy lifestyles and help people make healthy decisions," Morgan said. "Units can request a class, and I'll have a professional teach it. Ultimately, I hope that the people who come to the classes will obtain a healthier lifestyle." For more information about the health promotion program, visit the Marine Corps Base Hawaii MCCS website or call 254-7636.



VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by emailing their ideas to HawaiiMarineEditor@gmail.com.

If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, featured below. Suit up ladies ... it’s game time.

Should baseball use instant replay?

Lance Cpl. Nathan Knapke VS. Lance Cpl. Suzanna Lapi

LAPI: I think baseball would greatly benefit from the use of instant replay. I can recall a few times in which a bad call completely affected the outcome of a game. For instance, during a May 2012 Colorado Rockies game against the Los Angeles Dodgers, umpire Tim Welke called Dodgers third baseman Jerry Hairston out on first when he clearly wasn’t, which left everyone stunned. Even Rockies first baseman Todd Helton was surprised. The Rockies won, 8-5. Once a bad call is made in baseball, there’s no turning back. Who knows how the game would have turned out if there were instant replay to ensure the correct call was made.

KNAPKE: Baseball hasn’t had instant replay since the very beginning of its creation. There is no need for instant replay because the game has been successful without it. Close calls by the umpires make baseball what it is today. You can relate this to NASCAR. People want to watch NASCAR for the crashes and clashing personalities on the track. Likewise, who doesn’t

want to see a manager or player dig into an umpire for making a bad call? It makes baseball fun to watch. When fans are at the game, they can yell and give the umpires a piece of their mind. If there was instant replay, that whole aspect of baseball would be gone because there wouldn’t be anything to argue about.

LAPI: I agree with you. The arguing between umpires and coaches is definitely a highlight in baseball. However, football has instant replay and plenty of arguments as well. There have been numerous times where I have seen a football coach’s face go crimson red over a referee. Also, we all love it when the coach throws the red flag for a challenge. There is so much replay footage of coaches’ challenges and whether or not people agree with his call. So I don’t agree that the arguing would disappear from baseball if instant replay were implemented. But I do think that baseball hasn’t been completely successful without it due to poor calls.

KNAPKE: Football is easier



KNAPKE



LAPI

than baseball to instantly review. So every time a coach thinks the pitch was a strike or ball, an instant review should review it? Baseball games already take forever to complete, but now let’s take five minutes and pause the game so we can review the recent play. There are so many close calls in baseball that can be reviewed every single play. Did the pitcher balk? Was the pitch a strike or ball? Did the batter’s bat cross home plate when he swung? Was he out at first, second or third? Did he actually catch the ball? Just to name a few. All I’m saying is coaches could challenge plays all the time. It would take away from the integrity of the game.

LAPI: It sounds like what you are saying is, “Who cares if the correct call was made? This game takes too long as it is.” I’m not saying every close call should be reviewed, just the calls that have repeatedly changed the outcome of the game. The calls that make it to the “worst calls in baseball” lists are in desperate need of instant replay and further review. If the rule were similar

to football and baseball coaches were given a certain amount of challenges, there wouldn’t be an issue. I think it would improve the integrity of the game, not damage it. Who would want to be known as the guy who made a bad call and ruined a game? Instead, there is a chance to correct a human error and continue on with the game. Sounds like a simple decision to me.

KNAPKE: The controversy created when a call is disputed creates interest in the game and gets fans of both teams talking. Stopping games to use instant replay has other detrimental effects. The length of an average game would increase. The momentum a team is building could be disrupted. The pitchers would have to throw more to keep their arms loose during the added breaks. While I believe that instant replay could affect the outcome of a few games per season, there is not enough justification to increase its use. It is more important to keep the spirit of the game alive through traditional decision making.

SPOTLIGHT ON SPORTS

Spring and spring break swim lesson registration

Spring session and spring break session swim lesson registration will be held Saturday from 8 a.m. to 4 p.m. at the base pool. Stop by the base pool Tuesday and Friday from 1 to 5 p.m. to determine the appropriate class for your child. Private lessons are available. Call MCCS Aquatics at 254-7655, for more information.

Single Marine & Sailor Program’s Surf and Turf 5K

Come out for the Surf and Turf 5K, April 6 at 6:30 a.m. The run will take you from the Officers’ Club through the Kaneohe Klipper Golf Course, and along North Beach. This event is open to the public. Visit <http://www.mccshawaii.com>.

Swing into the Klipper Junior Golf Program

All authorized patrons ages 6 through 17 are eligible for the Klipper Junior Golf Program, a year-round program to bring children and teens to the game of golf. Certified PGA Professionals will teach basic playing skills, rules and golf etiquette. Each session is five weeks long. Classes are held Wednesdays and Saturdays from 4 to 5 p.m. for the younger beginning golfers and 5 to 6 p.m. for the more experienced golfers. Juniors can bring their own clubs or the staff can provide them. Collared shirts are mandatory. Tennis

shoes or golf shoes are acceptable dress. For more information, visit <http://www.golfacademyhawaii.com> or call 386-3500.

21st annual Haleiwa Metric Century Ride

The 21st annual Haleiwa Metric Century Ride is scheduled for April 28 at 7:30 a.m. For more information call 735-5766 or visit <http://www.hbl.org>. Forms are also available at the Semper Fit Center.

The Beast 10K

Take a running tour of MCB Hawaii with our first 10K of the season, The Beast, March 9 at 7 a.m. at Dewey Square. The race will begin and end at Dewey Square. This race is open to the public. Online registration closes March 5 at 4:30 p.m. Visit <http://www.mccshawaii.com> to register.

Roll down for cosmic bowling at K-Bay Lanes

Glow-in-the-dark games at K-Bay Lanes are available Fridays from 9 p.m. to midnight, Saturdays from noon to midnight and Sundays from 11 a.m. to 8 p.m. For more information about K-Bay Lanes, call 254-7693.

Amendment to base order for water activities

As of December 2012, base order P1710.1 was revised. On page 1-7 of the base order, paragraph 6b(2) (b), the words “swim at own risk” were replaced with

“enter the water at your own risk, surf and currents are moderate.” On page 1-7, in paragraph 6b(2)(c), the words “YELLOW: Water activities open, enter the water at your own risk, fins are required when swimming, due to high surf or strong currents,” have been added.

Give up using tobacco with cessation classes

Free tobacco cessation classes are held every Tuesday from 10 a.m. to noon. The classes are conducted by a registered nurse and take place on the second deck of the branch medical clinic. There are four classes in a session and each monthly session begins on the first Tuesday of the month. The classes are open to active duty, retired military and their dependents. For more information, contact health promotions at 254-7636.

Youth sailing classes now offered

Sailing and water sports classes for ages 8 and older are offered monthly. After-school sailing classes are for beginners are on Mondays and Wednesdays from 3:15 to 5:15 p.m. Students will learn beginner to intermediate skill building. The racing class meets Tuesdays and Thursdays from 1 to 3 p.m. Students will learn the intermediate to advanced racing theory and tactics and train for racing in Hawaii Youth Sailing Association regattas. For more information, call the outdoor recreation and equipment center at 254-7666.

Island Warriors disarm Golden Swordsmen, 8-4



Photos by Kristen Wong | Hawaii Marine

Patrol Squadron 47 catcher Jonas Downing calls to his defensive team as 2nd Battalion, 3rd Marine Regiment Island Warriors pitcher Josh Beier charges toward home plate during an intramural baseball game at Riseley Field, Tuesday. The 2nd Bn., 3rd Marines Island Warriors defeated the VP-47 Golden Swordsmen, 8-4.

Kristen Wong

Marine Corps Base Hawaii

With the sun setting on another day at Marine Corps Base Hawaii, the bright stadium lights of Riseley Field illuminated the grass for a showdown that ended with 2nd Battalion, 3rd Marine Regiment Island Warriors bringing down the Patrol Squadron 47 Golden Swordsmen, 8-4, Tuesday.

Guillermo Fargas, the player-coach for the Island Warriors, said the season is going well so far, despite the challenge of having enough players come to practice and games. Because the battalion is in the midst of pre-deployment exercises, the Warriors have to balance work with play. The Island Warriors are now 2-2.

“We’re just here to have fun,” Fargas said.

The feeling was mutual with the Golden Swordsmen, who are now 1-3. According to Golden Swordsmen centerfielder Sean Tolbert, the team must also endure a shortage of players. The team lost to their previous opponent, Patrol Squadron 9, missing two of their pitchers and subsequently the catcher to an arm injury during the game.

Like Fargas, Tolbert said the end goal is “to have fun no matter what, have good sportsmanship and try our best.”

“We work together, we play together, we feel like a team no matter where we are,” said Golden Swordsmen player Bill Ellis.

The field was quiet, save for a few words of encouragement from the audience and a chirping symphony of crickets. The Golden Swordsmen stepped up to the plate first. The Island Warriors quickly shut them down and scored seven runs in the bottom of the first inning.

The Island Warriors and the Golden Swordsmen rapidly traded places in the dugout and the field as pitchers on both sides zipped the ball clear past batters. On two occasions, eyes were on the sky as stray pop-up balls plummeted from the heavens to open gloves.

By the fifth inning, Ellis’ son and Mark Zematis, made their way home, granting the Golden Swordsmen two points. In the seventh and final inning, the Island Warriors were still winning, but the Golden Swordsmen weren’t going down without a fight. With a swift crack, Tolbert sent the ball soaring and made it to first. The last inning brought the Golden Swordsmen two more points, but still four shy of a tie.

“It was a rough start,” Ellis said. “We played a good game after that. Unfortunately, we were not able to catch up.”

On the other end of the field, the Island Warriors walked away with another win, though Island Warriors pitcher Joseph Wambach said the Golden Swordsmen were indeed competitive. This was the very first intramural baseball game for Wambach since recently being stationed aboard MCB Hawaii.

“I think I got all my expectations blown away,” Wambach said of the overall game.



Island Warriors catcher John Williams gets ready to hit the ball during an intramural baseball game at Riseley Field, Tuesday. The VP-47 Golden Swordsmen are 1-3 and the 2nd Bn., 3rd Marines Island Warriors are 2-2. The next intramural baseball game is scheduled for Monday at 6:30 p.m. at Riseley Field.

OSCAR offers help

Christine Cabalo
Marine Corps Base Hawaii

The diagnosis is good for infantry Marines searching for mental health care. Operational Stress Control and Readiness is a Marine Corps program offering direct help for mental health through unit training and on-staff medical professionals. Members of 3rd Marine Regiment can readily speak with an embedded psychologist and psychiatrist who work less than half a mile from their unit’s headquarters.

“Regardless of where they deploy, Marines and sailors still see very similar stressors,” said Lt. Cmdr. Chris Blair, an OSCAR psychologist with 3rd Marines. “Whether they are on the job in the unit deployment program, in combat or on a ship deployment, there are stressors.”

Blair has a doctorate degree in psychology and offers counseling, like civilian professionals in his field. He also knows the ropes of working in 3rd Marines and can meet with patients in his office at Marine Corps Base Hawaii.

The infantry Marines can also make an appointment to see Lt. Cmdr. Brian Kleyensteuber, the OSCAR psychiatrist for the regiment. Kleyensteuber prescribes medicine to manage mental disorders and offers acupuncture at his shared clinic space with Blair.

“For Kaneohe Bay, we’re very unique because we’re able to take a lot of clinical patients without always sending them to another hospital,” Kleyensteuber said.

Between the pair, Blair and Kleyensteuber handled more than 1,200 appointments with base personnel who needed help in 2012.

They credit support from 3rd Marine Regiment leaders and others in the unit for guiding those who need help to their office doorstep.

In 2011, a Marine Administrative Message encouraged battalion-sized units to train and maintain a team of 20 people or 5 percent of the unit, whichever amount is larger, in the OSCAR program. Marines who trained in OSCAR aboard MCB Hawaii, Marine Corps Base Camp Pendleton, Calif. and other installations



Christine Cabalo | Hawaii Marine

Lt. Cmdr. Brian Kleyensteuber, a pyschiatrist (left) and Lt. Cmdr. Chris Blair, a psychologist, describe mental stress injuries at their office aboard Marine Corps Base Hawaii, Monday. The two are with Operational Stress Control and Readiness program.

learned about when to seek help from OSCAR medical professionals or OSCAR extenders, like chaplains, who can provide non-medical aid.

Senior leaders and junior staff of 3rd Marines have trained as OSCAR mentors who can recognize and defuse stress in

their unit. Both Blair and Kleyensteuber said they want to get more people trained, especially since mentors are usually the first to notice stress taking a toll on their colleagues.

“Awareness and early preventive measures are needed,” said Cmdr.

Ruchira Densert, the department head of the Mental Health Clinic for Naval Health Clinic Hawaii. “It is critical to teach the junior and immediate leadership in how to identify when a Marine is in distress and make early interventions for the most common stressors such as relationship problems, financial trouble, legal or administration issues and family concerns.”

This type of training is critical for Marines at any time, Densert said. In 2010 she was the division psychiatrist for the 1st Marine Division and deployed with some of the units who taught OSCAR training.

“Marines seeking mental health after the deployment mentioned that they felt more comfortable seeking treatment compared to before because they were being supported by their junior and senior leaders,” Densert said.

Ensuring OSCAR awareness is also critical in between deployments, Blair said, especially for those stationed in Hawaii and other Marine installations not located on the continental U.S.

“The unique factor of Hawaii is we’re not in another country, but Marines and sailors are far away from family and friends,” he said. “They can’t necessarily call or visit them by taking a road trip on a long weekend. You can get fairly isolated from your support system.”

The two recommend that if anyone thinks they need mental health help to seek assistance immediately. Without assistance, these mental stress injuries can result in more severe symptoms.

“The sooner there is an intervention, the better the outcome can be,” Kleyensteuber said. “It’s harder to get better later, and people shouldn’t wait until the end of the Marine Corps careers to find help.”

Kleyensteuber and Blair said they already see three to four times as many people as other regimental doctors, but said they are still available to see even more.

When problems of stress and other mental health impact a Marine’s mind, it does matter.



Crime Prevention Tip of the Month

Operation Over Watch is back! The operation is an effort to minimize larcenies targeting vehicles, homes and personal property in the residential areas throughout the base. Personal or government property should never be left unsecured and unattended. When you are finished using your items, remember to put them away. Operation I.D. offers personnel residing in housing or in the barracks the opportunity to check out electronic engravers. The engraver can be used to engrave any personal property deemed valuable to the owner. Burglars want to resell your property, so marked property is easier to identify and harder to sell.

PMO contact numbers and locations

- To report suspicious activity/behavior or for non-emergency calls, contact the desk sergeant:
257-1018/2123 (building 1096)
- For information regarding check in/out, fingerprinting, or weapon registration, contact:
257-6994 (building 1095)
- For information regarding pet registration, fishing regulations, or lost/found animals, contact the PMO Game Warden:
257-1821 (building 3099)
- For information regarding vehicle decals, base passes, and vehicle registration, contact:
257-2047/0183 (building 1637/1095 for MCB Hawaii)
477-8734/8735 (building 601 for Camp H.M. Smith)
- For information regarding traffic regulations, citations, or traffic court, contact the Traffic Court bailiff:
257-6991/6992 (building 1095)
- For all other numbers not listed, contact base information:
449-7110
- For more information, visit the PMO website:
<http://www.mcbhawaii.marines.mil/Departments/ProvostMarshalsOffice.aspx>

Topic of the Month

There is a new program for base residents called Eagle Eyes, which is a web-based system designed to allow the community to report suspicious activities or behaviors. Eagle Eyes is a community-driven program and requires proactive engagement. Effective immediately, you may browse <http://www.usmceagleeyes.org> to submit tips, leads, incidents and suspicious activities. In addition to allowing you to enter detailed descriptions into the system, the capability exists to upload or attach any digital photography. In the first quarter of fiscal year 2013, the Provost Marshal’s Office received 31 anonymous tips involving crimes against property. The program has the potential to assist in solving more crimes with the community’s help, and its ultimate goal is to help create a safe environment for the community. Eagle Eyes is not designed to report emergencies. To report an emergency, call 911. Every report is an important piece of the puzzle and will be reviewed by trained personnel. Law enforcement and mission assurance personnel on base encourage good faith reporting and reserve the right to contact you to verify or clarify the information you provided. For more information, please contact the Crime Prevention Office at 257-8312, the Force Protection/Mission Assurance Department at 257-8460/56/57 and refer to MARADMIN 641/11.

IN CASE OF EMERGENCY, DIAL 911!

ENERGY CORNER



Energy projects – Simple Payback or Life Cycle Costing? (Part II)

In the last Energy Corner article, we discussed the Simple Payback measure that is used to decide where to invest money to save the largest amount of energy at the lowest cost. Although the Simple Payback measure is easy to use, it does not account for all costs including cost incurred beyond the payback period. A more encompassing type of analysis is needed, and that is Life Cycle Costing.

Simply stated, LCC is a method of valuing a piece of equipment or project which accounts for all the costs and benefits of that piece of equipment or project over its lifetime. In the example present (see pie chart), the cost of the fluorescent lighting system would include not only the cost of installation, but also the cost of energy it uses over its expected life. Therefore, it’s very likely that in comparing two choices of lighting systems, A and B, in which A costs twice as much as B, but is much more energy

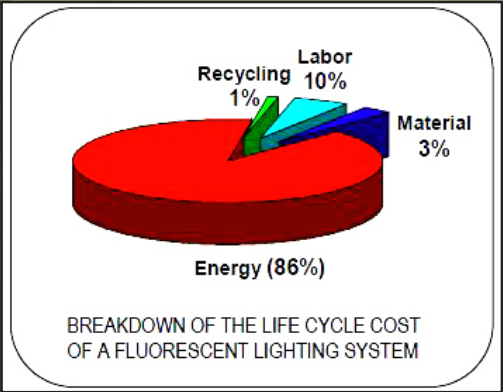
efficient than B, system A may have a lower LCC than B.

One example that demonstrates well the benefit of using LCC is a complete change out of a facility’s T-8 lighting system to the new generation of T-8 lamps and electronic ballasts. Using traditional means of valuation, such as simple payback or benefit-to-cost ratio, the existing system would be considered a “sunk cost” and receive no further consideration. The analysis using traditional methods would assume that the old system would be removed

prior to end-of-life for both the lamps and ballasts, and possibly receive credit for only “salvage.” The only costs in the analysis would be the capital cost and energy savings from the new system.

Using LCC, however, the analysis would evaluate the project for the entire life of the new system. But at the same time the analysis would account for the expenses that would be incurred by the old system as if the new one weren’t installed. In other words, for the assumed project life many of the old ballasts and lamps would fail and have to be replaced if the new project were not undertaken. Using this assumption it is soon obvious that the LCC of operating a new more energy-efficient T-8 lighting system is much lower than keeping the older generation T-8 system.

It should be clear by now that energy-saving projects differ to an extent which cannot be captured by simple payback alone. In fact, even a project that saves more energy than another, and shows a better payback may not be the best among alternatives. But using LCC will ensure that facility managers choose not only the project that saves considerable energy, but does so at the lowest possible cost as well.





as crates and shelves filled with records, CDs, cassettes and much more.

"This place is awesome," Bruno Dealmeida said during his most recent visit to the store. "Last time I was here was 14 years ago and I drove from the base to here. It was great back then, but it's even better now. This music store is independently owned, and you can really see the passion these guys have with this store, sticking it out through the years to make this place what it is today."

When asked if he still served military members regularly, Yamashita said the store has always served the military but there has been a major increase in Marine customers in the past six months.

"We have a long history serving the military, and we always enjoy how polite and well-mannered they are," Yamashita said. "In the last six months we've seen quite an increase in our military customers. We've had many come and look for new and used turntables as well as vinyl. I would say it seems like

a growing trend. Maybe the word is getting out about us, but we definitely encourage service members who love music to come and check us out. Our store is closer than anybody else's," Yamashita said with a smile.

According to Dealmeida, there are more reasons to give the store a try than just the location.

"Heck yes! I encourage this store to any music lover for the simple fact that this store has jewels," Dealmeida said. "It's a great place for people who want something different, for those who want to dig around and find a musical treasure that they might have forgotten about. Like this..." Delmeida lifted "The Egyptian Lover" vinyl record he found in a box. "This is a treasure. My mom used to listen to this record. It brings back great memories, and I can't believe I just came across it. I'm sure there's a few more gold pieces in these boxes for people to find."

Bruno Dealmeida, a Hungry Ear Records customer, goes through a box of used vinyl records, Wednesday. When first walking into the store, customers will see records displayed from wall to wall. New and used turntables are found in several glass cases as well as crates and shelves filled with records, CDs, cassettes and much more.

PASS IN REVIEW

Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your No. 1 source for cinema, music, video game, book and product reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game, product or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week’s critics to better help you choose the critic with opinions most like your own. Using our breakthrough four-point scale system, you can quickly decipher what is worth your time and what isn’t, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you’re not familiar, here’s a quick breakdown of the ratings ...

1/4 — No Impact, No Idea
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.

2/4 — High And To The Right
Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if there’s nothing better to do.

3/4 — On Target
Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.

4/4 — Confirmed Kill
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.

So, there you have it and we hope you enjoy our weekly reviews. Don't forget, the Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm, feel free to submit your own reviews.

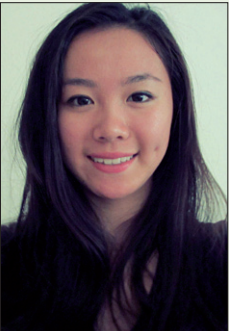


Better Know A Critic



WONG

Kristen Wong admits she sometimes has to be dragged to movies that she later finds to be outstanding. She loves movies that make her care about the characters and sympathize with their plight. She enjoys action, fantasy, comedy and dabbles in horror.



QIU

Grace Qiu thinks good TV shows don’t adhere to predictable plots and overdone character personalities. “They should surprise us and reduce us to either tears of distress or tears of laughter, keeping us engaged. And most definitely, witty humor is preferable over low comedy.”

‘Jack the Giant Slayer’ visually appealing

Kristen Wong

Marine Corps Base Hawaii

Fee, Fie, Foe, Fum! To “Jack the Giant Slayer” you must succumb!

This film rendition of a child’s tale is a cauldron filled with excitement, humor, drama and just a dash of romance — the perfect recipe even a hungry giant could devour.

“Jack the Giant Slayer” appears to be a combination of the story many of us know from childhood, an English story printed in the 1800s called “Jack and the Beanstalk” paired with a story from the 1700s called “Jack the Giant Killer.”

A poor, young farmhand named Jack (Nicholas Hoult) whose dreams of adventure are no more real than the stories he reads in books, sets off to market to sell his horse and cart to make ends meet. There, he meets a beautiful young woman, acquires magical beans, and sets in motion an adventure of gigantic proportions.

The plot is simple, and draws many obvious but well-presented parallels between royalty and peasantry; humans and giants; parents and children; and fantasy and reality.

There are telling subtleties in the dialogue that contribute to foreshadowing in the story. These same

words draw parallels between the giant world and the human world, as “so saith the king” also becomes an ironic statement whether uttered by human or giant.

There are also various role reversals, with the expected hero succeeding while the unlikely hero fails, and vice versa later on in the film. It doesn’t take a genius to see these story techniques, but it is certainly commendable to package them in a way that does not bore the audience.

The story also includes morals and food for thought. In one scene, Princess Isabelle (Eleanor Tomlinson) blames herself for causing trouble, and Jack reassures her that “no one is useless.” Isabelle is far from being a helpless princess. She proves to be quite resourceful, brave and an independent thinker. It’s a lesson for young girls that being a prin-

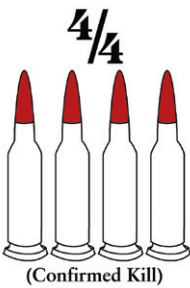


cess does not mean being weak.

The visual effects, dialogue and acting were outstanding. Hoult is absolutely adorable. With the soft-spokenness of an unlikely hero combined with his charming, natural British accent, he is just as entertaining as he was as a zombie in “Warm Bodies.”

“Jack the Giant Slayer” isn’t an original story. It doesn’t need to be. Whether immersed in cold river water with Jack, roasting in an oven with Sir Elmont or feeling the chaos of battle, the presentation as a whole is a feast for the senses. The movie is also rich enough without the need for 3-D glasses. You don’t need to see rocks flying in your face, rain hovering over your head and beanstalk vines crawling toward you to enjoy this film.

Parents should be aware there is violence and a couple of humans are eaten. But it’s definitely worth more than a bag of magic beans.



A darker bedtime story: ‘Once Upon a Time,’ we thought we knew it all

Grace Qiu

Contributing Writer

With a title like “Once Upon a Time,” it is inevitable to mistake this ABC-TV series for a fantasy story geared toward satisfying young, impressionable children’s thirst for dragons and princesses. It is not until you give it a chance that it morphs into something much more sinister, much more riveting. Created by the writers of the famous TV series “Lost,” “Once Upon a Time” is no wonder one of the most suspenseful and engaging dramas of the past years. Its appeal comes from the fact it is a well-needed breath of air in this genre that, in my opinion, is overpopulated with Sherlock Holmes-esque crime shows and snarky lawyers. This show is the grown-up version of our childhood bedtime stories, placing our favorite fairytale characters and stories into a much darker, much more cynical light.

The premise of this show is that all our beloved childhood heroes, from Snow White and her Prince Charming to Little Red Riding Hood, have been placed under a terrible curse

cast by the Evil Queen, Snow White’s stepmother. This curse doesn’t put everyone in the magical lands to sleep, but instead transports them to a small town called Storybrooke in our world. They have no memories of who they actually are and instead believe they are mundane teachers and waitresses, living unchanged for 28 years as time has been frozen in Storybrooke. It is not until a young boy not from Fairytale Land finds a curious storybook.

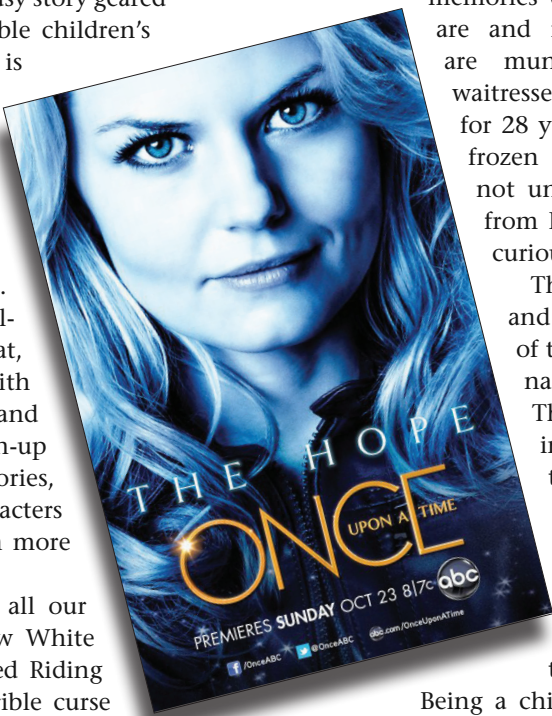
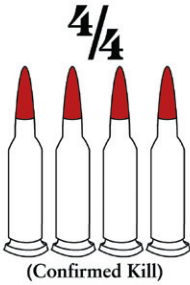
This young boy is Henry, and he is the adopted son of the Evil Queen, whose name is actually Regina. The storybook explains in detail everything that transpired for Storybrooke to exist, and he becomes obsessed with it despite his adopted mother insisting they were just stories. Being a child that embraces the

infinite possibilities of life, he ignores her and instead runs away in search of the one person who can break the spell: Snow White’s daughter. And once he finds her, the hands of time begin moving again in quiet Storybrooke.

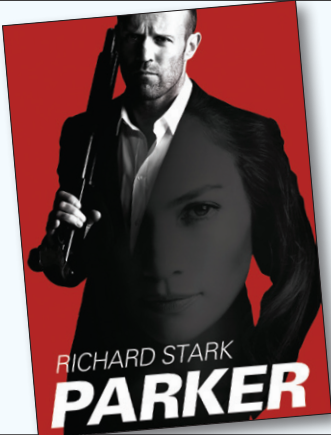
There is never a dull moment in “Once Upon a Time”; you are always crying, laughing, or reeling in shock. The most amazing feat the writers of this show have accomplished is connecting all, and I mean all, the different fairytales we’ve grown up with into one cohesive story. It is mind-blowing to see Mulan pairing up with Sleeping Beauty, or knowing Snow White is best friends with Red Riding Hood. Despite the positive connotation of these characters, darkness underlies each character.

The writers have stuck to the original recipe for a successful fairytale. There is a constant battle between good and evil, the fundamental conflict in all fairytales.

But instead of the characters being simple, two-dimensional characters, they are real people dealing with real life. We thought we knew these fairytales like the back of our hands; we were wrong.



Prices: All shows are \$3.25 for adults and \$2.25 for children. For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call **254-7642** for recorded information.



“Hansel and Gretel” R Today | 7:15 p.m.

“Parker” R Today | 9:45 p.m.

“The Impossible” PG-13 Saturday | 7:15 p.m.

“Bullet to the Head” R Saturday | 9:45 p.m.

“Warm Bodies” PG-13 Sunday | 2 p.m.

“The Last Stand” R Sunday | 6:30 p.m.

“Parker” R Wednesday 6:30 | p.m.

HI 5 redemption services aboard MCB Hawaii reduced

Kristen Wong
Marine Corps Base Hawaii

The private contractor that provides recycling redemption services aboard Marine Corps Base Hawaii has recently reduced its availability.

RRR Recycling Services Hawaii, a local family business, is now collecting recyclables from 11 a.m. to 4 p.m. every first Friday of the month in the parking lot across from the Marine Corps Exchange Annex on Selden Street. The contractor adjusted its initial availability from every Friday to the first Friday, based on residents’ usage.

An announcement was made recently in a base-wide email, encouraging the base community to make use of the service. According to the email, if participation remains low, the service may be discontinued aboard the base.

Jim Sibert, the MCB Hawaii recycling center manager, said having the service on base can be potentially more convenient for residents and perhaps less busy than recycling services off base.

Those who use the service regularly speak highly of the convenience. Cpls. Michael Reddell and Kamron Rice, who are both data network specialists with the Communication Help Desk, visited RRR’s services March 1. The two Headquarters Battalion Marines said they drop off their recyclables once every two weeks.

“The fact that they’re coming on base is super convenient,” said Rice, of Bayard, Neb.

Rice said his office earns an average of \$50 to \$65 per trip, dropping off nine to 10 bags of recyclables at a time.

Reddell, of Visalia, Calif., said recycling is an opportunity for units who want to raise funds for their Marine Corps birthday ball in November.

He said if there were no longer a recycling service on base, the office would probably just take its recycling to the service just outside the Mokapu Gate.

Reddell and Rice said the space in



Kristen Wong | Hawaii Marine

Cpls. Kamron Rice (left) and Michael Reddell, both data network specialists with the Communication Help Desk, sort recyclable cans and bottles in the parking lot across the street from the Marine Corps Exchange Annex, March 1.

their office is small, and sometimes the Marines don’t have time to make a trip, which can result in recyclables being thrown out.

“We don’t always get a chance to come out,” Rice said. “Sometimes we run out of space for the bags and we have to recycle more often.”

If there wasn’t a recycling service on base, Rice said people on base may be less inclined to recycle. The base recycling center does take recyclable cans and bottles, but does not offer money in return. In addition, Reddell said, while service members are at work, many spouses don’t have a car

and going off base to recycle may not be worth the trip.

Since 2005, RRR Recycling Services Hawaii has been collecting and recycling beverage containers. They have redemption locations statewide. They accept certain glass, plastic and aluminum beverage containers bearing the HI 5 label.

Patrons can choose whether they would like to count or weigh their items. All patrons are asked to make sure their containers are empty and clean with all caps removed. Upon arrival, patrons sort their recyclables into green bins. Glass bottles are also separated by color.

Redemption aside, Rice also said collecting the recyclables and turning them in is good for the environment. There are other methods in which the base also recycles beverage containers.

The base recycling center also provides red and yellow recycle bins outside of numerous buildings all over the base.

In addition, a contractor collects recyclables from the blue bins provided for each base resident. The blue bins, which are given to residents statewide, are used to collect recyclable containers.

For more information about recycling on base, call Sibert at 257-4300.

I CAN READ IN RED,
I CAN READ IN
BLUE, I CAN READ
IN MARINE CORPS
COLORS, TOO

Pfcs. Mario Torres (left), and Evan Spears, both hydraulics mechanics with Marine Aviation Logistics 24, take turns reading “One Fish Two Fish Red Fish Blue Fish,” by Theodor Seuss Geisel, better known as “Dr. Seuss,” to first-graders at Mokapu Elementary School, March 1. Service members aboard Marine Corps Base Hawaii volunteered to read books written by Dr. Seuss March 1, in honor of his 109th birthday, which was Saturday. Dr. Seuss wrote and published more than 40 popular children’s books including “Green Eggs and Ham” and “Horton Hears a Who!”



Kristen Wong | Hawaii Marine

What you need to know: starting a business on base



Courtesy photo

Cpl. James A. Sauter
Marine Corps Base Hawaii

In the course of life, some people find the ambition within themselves to start a home business. Having a home business can provide enough stable income while at the same time saving money on office rental and enjoying the comforts of home. It is possible for military families on Marine Corps Base Hawaii to start a home business in base housing, but they must carefully follow the guidelines set by the Base Inspector’s office.

“When it comes to home businesses on base, it’s the Base Inspector’s responsibility, designated by the base commander, to ensure they comply with the base order and not conflict with Marine Corps Community Services,” said Victor Varela, the Base Deputy Inspector. “There are several things the business owner has to do.”

According to base order P5500.15B, all on-base home businesses need to be authorized by the Base Inspector’s office. A few examples of home businesses currently approved are Avon, Pampered Chef, Tupperware, Mary Kay Cosmetics and studio photography.

For a home business to be approved, the business owner needs to first submit a request letter to the Base Inspector that specifies the business name, type, history, contact information and address. The owner needs to also include brochures or business

cards and a copy of the state of Hawaii excise tax license that can be obtained from the state of Hawaii Department of Taxation. The Base Inspector’s office takes three to five business days to review the material. Simultaneously, the information is also sent to base Legal Services, MCCS and Forest City housing.

“The business has to be approved by all of these organizations to make sure the business is playing by the rules of the Department of Defense and the state of Hawaii,” Varela said. “The main issue is to make sure the business doesn’t provide a service that MCCS provides and the business doesn’t provide a service that’s prohibited.”

Examples of businesses that are prohibited are ones that promote poor taste, hazardous services or products, animal boarding or breeding for profit, produce excessive noise or odors that can be detected from outside, generate excessive trash, cause community nuisances or increase utility costs. If an owner wants to start a day care facility at home, the request must be approved by MCCS.

“All of the details that an owner needs to submit can be found on the base website under ‘Base Inspector,’” Varela said. “For those who do have businesses on base that haven’t been approved, we give the chance to those people to get their businesses approved and ensuring they play by the rules.”

THE MEAT AND
POTATOES OF LIFE

Lisa Smith Molinari

Contributing writer

To everyday civilians, “the pursuit of happiness” typically involves career, home, love and family. It’s no different for military families, with one important exception — orders.

Unlike their civilian counterparts, active duty service members must pursue their happiness within the strict confines of written military orders, which are lengthy documents that appear to be written in alien code.

Military orders seem riddled with gibberish, and might be easily replicated as follows: Sit on a computer keyboard for about 10 minutes, periodically shifting positions. Once enough “XXXXXXs” and “UUUUUs” have been typed, print out about 15 pages and staple them. Trust me, even the most seasoned soldier or sailor wouldn’t immediately notice the difference.

However, buried among the seemingly nonsensical verbiage are key phrases such as “Report no later than August 2013” and “Newport, Rhode Island,” which, although embedded in gobbledygook, are important mandatory instructions regarding the next couple of years in a service member’s life.

We are a Navy family who have seen our share of military orders. Our most recent written orders arrived a month ago. Besides “RTTUZYUW” and “UUUU--RHMCSUU” my husband’s orders indicate that, this summer, he must report to a new job at the Naval War College in Newport, R.I.

Our last orders instructed my husband to report to Naval Station Mayport, Fla., in March 2011, and before that to Africa Command, Stuttgart, Germany, in July 2008. Before that, Djibouti, East Africa. Before that, Norfolk, Va. Before that, Molesworth, England. Before that, Monterey, Calif. And so on, and so on.

I can’t prove it without the assistance of an experienced cryptographer, but I think that our orders might also contain mandates such as “///GET OVER IT///” or “///NO WHINING – YOU’RE IN THE MILITARY///.” We

Why I love being ordered around



must follow military orders regardless of inconvenience or hardship, like moving your son before his senior year, or leaving the church that you like so much, or separating your youngest after she finally made a new best friend. None of that matters. We are at the mercy of the U.S. Navy.

So why do we continue to let ourselves get ordered around?

In today’s unstable economic climate, one might think that mere job security is what motivates

military families to keep following orders, and with all the news of “fiscal cliffs” and “sequestration” there is some truth to this.

However, regardless of job security, a deep attachment to a military culture develops. With each successive move, military families not only become more resilient, but also cultivate a strong identity and pride in their unique lifestyle. Believe it or not, we become so accustomed to being ordered to go somewhere new. We often look forward to it after being in one place for a couple of years.

I must admit, I’ve wondered if our affection for military life might be a twinge of Stockholm syndrome. Or maybe it’s rooted in fear of what’s on the outside, like long-term prisoners who are afraid to be released. Or maybe it’s a compulsion, like Al Pacino’s Michael Corleone in Godfather III (“Just when I thought I was out, they pull me back in!”).

Truly, I know our affinity for this lifestyle is rooted in honor, duty, courage, loyalty, patriotism and sacrifice for others. These concepts have become muddled in today’s society, so we feel fortunate to raise our kids in a military environment where those virtues are emphasized. We live and work with other military families who have a common understanding of good and evil, right and wrong. We don’t need a permanent hometown – it’s the similar sense of values and camaraderie with fellow military families that make us feel at home.

No doubt about it: Non-military families are fortunate to put down roots in one place where they can make close friendships and foster stable school, family and community ties. They might not understand how a family like mine could be happy about moving to Rhode Island after less than two years in Florida.

But we are happy about our ninth move in 20 years, because it’s part and parcel of our military lifestyle. To quote a common saying which adorns many a sailor’s front door, “Home is where the Navy sends us.”

<http://www.themeatandpotatoesoflife.com>

VOLUNTEER OPPORTUNITIES, ON AND OFF BASE EVENTS

Koko Head Complex hosts 14th annual Easter Eggstravaganza

Honolulu’s Department of Parks and Recreation and the Koko Head Complex are sponsoring “Easter Eggstravaganza,” an event for the entire family, featuring activities, games, and an Easter egg hunt at Koko Head District Park, March 23, starting at 9 a.m. The park is located at 423 Kaumakani St. in Hawaii Kai. At 10 a.m., an egg hunt will be held for ages 12 and under. All participants receive a goodie bag. For more information, contact Arlene Ling, parks director, at Kamilo Iki Community Park, 395-5314, or Donna White, Koko Head Complex supervisor, at 395-3407.

Help the hungry, needy at IHS

The Institute for Human Services seeks volunteers for opportunities ranging from providing, preparing and serving meals for the needy to daily shelter cleaning, painting, landscaping in garden areas or sorting donations. Volunteer groups should contact IHS to schedule a volunteer date by emailing volunteer@ihs-hawaii.org or by calling 447-2842.

2013 MCBH Career and Education Fair

The annual Career and Education Fair will be held March 15 from 9 a.m. to 1 p.m. at the Kahuna’s Enlisted Club. The event is free and open to the public. Job seekers are encouraged to come prepared with multiple copies of their resume. Due to the professional nature of this event, children are not permitted. Call Marine and Family Programs at 257-7787/7790 with questions.

Join Hanauma Bay Education Program

Consider volunteering at Hanauma Bay if you have an interest in sharing information with park visitors. All volunteers must attend volunteer training, commit to a period of six months, and be at least 16 years of age. Younger volunteers may be considered if they volunteer as a team with an adult. Applications are available online or by mail. For more information, visit <http://hbep.seagrant.soest.hawaii.edu/>.

Mokapu PTA Community Rummage Sale and

Vendor Bazaar

Mokapu PTA is hosting a community rummage sale and vendor bazaar at Mokapu Elementary School, March 16, from 8 a.m. to 1 p.m. There will be vendors, crafters, small businesses, and rummage sale tables ready for you to shop. Email ptamokapu@gmail.com.

Monthly Recycling for HI 5 cent redemption

HI 5 cent redemption service will be changed to once a month. The first Friday of every month starting in March will be the only day the recycling contractor RRR will be on base across from the MCX Annex from 11 a.m. to 4 p.m. For more information, call Jim Sibert at 257-4300 or 216-4368.

MCCS Customer Satisfaction and Activities Readership Surveys

If you live or work on base, chances are you have used Marine Corps Community Services. Please take a moment to fill out a survey to indicate your satisfaction with how they are doing at <http://www.surveymonkey.com/s/January2013CSI>. There is also a survey about our Activities magazine at <http://www.surveymonkey.com/s/2013ActivitiesReadership>. For details, call 254-7679.

Free Single Marine and Sailor Program barbecue

The Single Marine and Sailor Program is hosting a free barbecue lunch for single, unaccompanied Marines and sailors, Wednesday from 11:30 a.m. to 1 p.m. Dine-in only. Call Karley Peterson at 254-7593 with questions.

Volunteer to learn the lay of the land

Help keep Native Hawaiian traditions and culture alive by caring for taro patches in Heeia. Volunteers can plant, harvest and dig for taro in the outdoors. Other duties also include removing invasive pest plants, clearing nearby streams and additional farm duties. For details, visit <http://www.kakooiwi.org>.

Volunteer at Marine Thrift Store Kaneohe Bay

The thrift store is on the lookout for volunteers to help sort donations and work at the store. Call ahead at 636-9074.

Keiki Aloha Expo

Join Marine and Family Programs for the Keiki Aloha Expo, April 12 at the Klipper Fairways Ballroom from 3 to 6 p.m. Mini workshops include infant sign language, benefits of breastfeeding and more. Call 257-8803, for more information.

Prenatal Education and Support Group

The next Prenatal Education and Support Group meets Monday. This class supports and educates women and families to create a healthy pregnancy. Call 257-8803, or visit <http://mccshawaii.com/prenataledregistration/> to register.

Juvenile Diabetes Research Foundation’s Hawaii Chapter to hold 2013 annual Family Education and Research Summit

The Hawaii Chapter of the Juvenile Diabetes Research Foundation will hold its 2013 annual Family Education and Research Summit, Saturday at the Kapiolani Medical Center for Women and Children in Honolulu from 8:30 a.m. to 4 p.m. JDRF is the leading global organization focused on type 1 diabetes research.

The goal of JDRF is to improve the lives of every person affected by T1D by accelerating progress on the most promising opportunities for curing, better treating and preventing T1D. For more information, contact JDRF Hawaii at HawaiiEvents@jdrf.org or 988-1000.

Volunteer for the Hawaiian Humane Society

The society needs volunteers to work with animals and keep the shelter going. Volunteers can do a variety of tasks: Dog walking, foster care, grooming and assisting with pet adoption. For details, visit <http://www.hawaiianhumane.org> or call 356-2216.

MARINE MAKEPONO Means ‘Marine Bargains’ in Hawaiian

Boat for sale. Selling Seaswirl Striper boat and trailer. Features a 20-gallon fuel tank with a 90 horsepower Yamaha 2-stroke outboard motor. Includes safety equipment and Garmin GPS with fish finder. \$14,000 or best offer. Call Wesley at 772-2647.

Kaneohe studio apartment for rent. Available April 1. Large deck with ocean view of Chinaman’s Hat and Marine Corps Base Hawaii. Includes custom bathroom with hot tub/shower, covered parking, refrigerator and sink with dis-

posal. No smoking or barbecuing. \$1,300. For more information, call 239-5459.

If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in building 216, room 19. Please have your military ID and a short write-up of what you’d like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.